

HQs Company, 306<sup>th</sup> MI BN

Physical Fitness Training Evaluation Sheet

Date: \_\_\_\_\_

Soldier's Rank/Name: \_\_\_\_\_

Section: \_\_\_\_\_

Evaluator's Rank/Name: \_\_\_\_\_

<b>1. WARM-UP (5-7 Min) (7/7 for a GO)</b>	<b>GO</b>
a. Extended Rectangular Formation:	
(1) "Extend to the Left, March"	
(2) "Arms Downward, Move"	
(3) "Left, Face"	
(4) "Extend to the Left, March"	
(5) "Arms Downward, Move"	
(6) "Right, Face"	
(7) "From Front to Rear, Count, Off"	
(8) "Even Numbers to the Left, Uncover"	
b. Start PT session with a slow jog	
c. Conduct Rotational Exercises IAW FM 21-20	
d. Stretch muscles to be used in the Conditioning Phase	
e. Perform stretches IAW FM 21-20	
f. Perform calisthenics IAW FM 21-20 (2-4 exercises) (8-12 reps)	
g. "Assemble to the Right, March"	
h. Circle Formation:	
(1) "Right, Face"	
(2) Move to front of 1 <sup>st</sup> Squad Leader	
(2) "Circle Formation, Follow Me" (Over Right Shoulder)	

<b>2. CONDITIONING PHASE (2/2 for a GO)</b>	<b>GO</b>
a. Perform PT IAW the training schedule and Monthly PT Plan	
b. Ensure proper intensity for the component worked	
(1) Flexibility Improvement: Hold for 30 - 60 seconds	
(2) MS/E: Perform 15 - 40 reps, TMF, or 20 - 60 sec timed sets	
(3) CR: Maintain THR for 20 minutes or more	

**\*\*NOTE:** The PT session should be beneficial for all soldiers. The PT Instructor should involve soldiers on profile in the group activities as much as possible and have alternate events prepared for when they cannot.



<b>3. COOL-DOWN (5-7 Min) (5/5 for a GO)</b>	<b>GO</b>
a. Walk or perform other low intensity activity to lower the soldier's heart rate after training (use a circle formation for 2-3 minutes)	
(1) Develops a 3-5 meter interval between soldiers	
(2) "Quick Time, March"	
(3) "Company, Halt"	
(4) "Center, Face"	
(5) "At Ease"	
b. Stretch major muscle groups used during conditioning phase	
c. Perform stretches IAW FM 21-20	
d. Check heart rate to ensure it's below 100 BPM before concluding the PT session	
e. Continue walking if any soldier's heart rate is above 100 BPM	

<b>4. LEADERSHIP (5/5 for a GO)</b>	<b>GO</b>
a. Motivates the Company to perform/achieve training effect	
b. Participates in and supervises the session	
(1) Flexibility: Ensure stretches are performed correctly	
(2) MS/E: Monitor performance, correct form if needed	
(3) CR: Monitor THR, use proper ability groups	
c. Demonstrates difficult/unfamiliar stretches or exercises	
d. Maintains military bearing	
e. Maintains command voice	
f. Prepares and plans PT session	
g. Risk Assessment and Risk Control Measures Sheet prepared	

NOTE: The PT Instructor will conduct an AAR with the formation prior to departing the PT area.

**OVERALL EVALUATION**

**GO**

**NO-GO**

COMMENTS: \_\_\_\_\_

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Evaluator: \_\_\_\_\_

Signature

PT Instructor: \_\_\_\_\_

Signature